

One precaution should always be taken. Surround the items with freezer containers or other water-tight containers before placing them in the freezer. When you take something out of the freezer, let it warm up to room temperature for several hours before opening. If you open things immediately after taking them from the freezer, water from the air condenses on the contents. This can initiate rapid deterioration.

If you locate a good supply of used ultracold freezers at low prices, please let us know, so that we can pass the information on to other civil defense conscious families.

SCIENCE AND MEDICINE

Although there is both science and medicine in civil defense, that is not the way our small, non-profit Institute received its name, the Oregon Institute of Science and Medicine. It was named to correspond to the work in nutrition, preventive medicine, and degenerative diseases and in fundamental chemistry and biochemistry that was the primary life work in which Laurelee and I and our coworkers were engaged prior to the civil defense project.

Although we had intended to continue that work in conjunction with the civil defense effort, we soon found that there were a remarkable number of unfilled needs in civil defense. As a result, our research work diminished to a low level. We did continue a small amount of scientific work. Recently, I have been publishing some of our later research.

A recently published experimental paper of ours is about a subject that may be interesting to many of the readers of this newsletter. The paper is *Quantitative Measurement of Human Physiological Age by Profiling of Body Fluids and Pattern Recognition* by Arthur B. Robinson and Laurelee R. Robinson published in the June 1991 issue of the journal, *Mechanisms of Ageing and Development*, volume 59, pages 47-67. The first four and one-half pages of that paper are reproduced below. Write to us if you would like a complete copy of this article. (The other 15 pages are somewhat technical.)

The object of this work involves the development of technological methods to measure individual health in such a way that people may lead longer and more healthful, disease free lives. With these techniques, diseases may be effectively combated even before symptoms are evident. Like civil defense, this work seeks to prevent damage to human life before it occurs. Also, like civil defense, it is applicable at low cost to all people.

I had a senior colleague once who sometimes worried about world affairs. Although we had very different thoughts about their solution, I have often remembered one comment that he made during a particularly serious world crisis: *"What is the point of working toward a better world if there isn't going to be a world?"*

There are several relevant points.